

007 – TEACHER TRAINING

Teaching the Three Skills of Listening

Focus your Eyes – Focus your Mind – Focus your Body



CRISS CROSS

When I say *Criss Cross*, you say *Karate Sox*. *Criss Cross - Karate Sox*. You sit down and cross your legs just like this.

When I say *legs*, you say *crossed! Legs! Crossed!*

When I say *back*, you say *straight! Back! Straight!*

When I say *hands*, you say *on the knees! Hands! On the knees!*

THE THREE SKILLS OF LISTENING

Everybody, repeat after me,

Number 1, Focus your Eyes (pointing at your eyes)

Number 2, Focus your mind (pointing at your head)

Number 3, Focus Your body (pointing at your body).

These are called the three skills of listening.

What are they called? *“The 3 Skills of Listening. Sensei!”*

FOCUS YOUR EYES

Who knows what “Focus your Eyes” means? That’s right, “Focus your Eyes” means looking at whoever is speaking. Did you know that if someone is explaining something to you or teaching you something, if you keep your eyes on them the whole time, you hear 90% more than someone who just stares out the window? When I say, *“Eyes on Who?”*, you say, *“Eyes on You, Sensei!”* *Eyes on Who? Eyes on You, Sensei!*

FOCUS YOUR MIND

Who knows what “Focus your Mind” means? That’s right, it means concentration, thinking about what you are listening to. When I say, *“Wherever you are!”* You say, *“Be there!”* *Wherever you are! Be there.* When I say, *“Right here?”* You say, *“Right now!”* *Right here? Right Now!*

FOCUS YOUR BODY

Who knows what Focus your Body means? It means sit or stand up straight, have good body posture. It means face your body towards whoever is speaking, and it means not jiggling around like a tea bag! It means concentration and self-control. When I say *attention!* You stand at attention and say *concentration and self-control! Attention!* *Concentration and self-control!*

Practice your body language, tonality, and voice fluctuation skills as you deliver these lessons.